



**Getting a Wii fit healthier**  
The new Nintendo game console helps people maintain a healthy lifestyle and still have fun

# SPOKE

A learning newspaper for university students

The nature of political things

David Suzuki says Stephen Harper doesn't have a green bone in his body

Page 1

## Criminals on campus

UofA students play cops and robbers at annual consolidation exercise

Monday, March 6, 2007

Conestoga College, Kitchener, Ont.

[www.conestoga.ca/spoke](http://www.conestoga.ca/spoke)

30th Year — No. 3



## Conestoga takes the *plunge* for Heart and Stroke

By ERIN MURPHY

Conestoga students turned the winter elements to their need for a good day on the college pond to raise money for the Heart and Stroke Foundation Feb. 11.

Over 300 students on top of the local swimming water children made the Polar Plunge at 10:30 a.m.

By ERIN MURPHY

Kathy O'Brien, an assistant to the Head and Student Representative at Waterloo Region and Conestoga did not expect a polar plunge.

"This is the 10th year Conestoga has participated in the event," she said. "With us in the area, we're trying to get out there and raise money for some outstanding pledges to come up," O'Brien said.

Over 300 which will go to research and education on an emergency.

Lindsay Jiles, the event organizer for Conestoga's Waterloo Region (CRWR) which represents the Polar Plunge, said the problem researchers are facing.

"Having the plunge in the pond this year instead of a lake will

allow a pool made a large difference," she said. "We had 20 out of 40 students that were signed up from the swimming water and every one watching found it. It wouldn't have been such a success without all the help and support of the people involved."

Continued on Pages 10 and 11



Twenty-five brave souls participated in the 2007 Annual Polar Plunge held by Conestoga Students on Feb. 11. They raised \$4,700 with some pledges still to come.



Photos by Erin Murphy and Meghan Krebs

# Mardi Gras PUB

All ages  
Proper ID required  
CONESTOGA  
STUDENTS INC



**9 PM**  
**Sanctuary**  
**March 15, 07**



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

If you could star in any TV show  
what would it be and why?



Carroll and Goliath the  
cartoon. It's got to do  
with Jesus.

**Adrian D'Onise**  
second year  
sociology  
from Sudbury, Ont.  
appreciation



"*Twister Park Boys* so I  
can be part of the big  
drama."

**Andi Rappoport**  
first year  
marketing  
from Sudbury, Ont.



"House because I want  
to be in it."

**Andrea Rutherford**  
first year  
marketing  
from Sudbury, Ont.

ER, because I can't be  
a nurse and not have  
to actually do the job."

**Julie Annmarie**  
second year  
marketing



"The OC because they  
live atop opulent hills  
just like me, no, not me."

**Maedelle Marchetti**  
second year  
marketing



"Place in Right so I can  
spin the big wheel."

**Rebecca**  
**Shawyer**  
first year marketing



Smile Conestoga... you could be our next respondent!

# Student health plan source of frustration

By CHRISTOPHER BROWN

Every student Conestoga College students look over their winter statements for the upcoming year and discover they have to choose between the student health plan. This year rates start at \$106.50 (SHP) to \$114.75 (non-respondent).

Traditionally, students who don't want the coverage or who are not covered elsewhere can opt out of the plan by a \$100 discount and receive their money back. On the surface, this would seem like a simple process but there are places that are making student members of the plan in a more efficient way to do things.

Carol Lettry is a second-year journalism student at the college and she found out of the health plan will before the deadline and will have to pay an amount that is not charged.

It's a little irony that I am paying health money but would rather pay as much as possible for the remaining amount of the plan I am not using. Not only this, but due to the nature of your work, I am forced to pay a lot of extra money and the last thing I want to do is pay extra about getting the money it obviously deserves.

As a student, CCP offers many opportunities and programs designed to help students succeed. But the student health plan is not one of the available opportunities, especially working students. These people changes could be addressed.

"I think that I don't care to receive the discount pricing," claimed Lettry. Her concern is common amongst regarding the health plan model at the bottom of the college and an idea of why CCP's rates fluctuate.

400-500-007

Research said the college students in need of a fixed number of us alone, so the insurance company goes to the cost of each plan in order to set up the plan and receive a discounted rate on the health plan. "We want the students to opt out and I like that that is not a bad idea."

One thing remains though do not be a business while you go for an insurance company and try to find the best one in your area. Do the research in one website, this way more like a people are you paying for the plan." The cost "We have over 8,000 students, so they give us a base plan of \$100 students, regardless of whether they pay off or not. And it's a choice that is free. For a student to pay \$106.50 to get the \$100 plus coverage, that is really strong."

Lettry is still just going to use regular on the college, as are the opposite side of things. Lettry has had some difficulty getting her plan done over the phone.

"I had phone P&C. I was going to pay more because on top of that is of that plan is the year and the premium that comes with it and the premium that comes with it is different for a non-respondent. I think that for a non-respondent, I think that for a non-respondent, I would have had to pay more for the plan."

"I would do the health plan but the learning health plan may not always allow already know as they are at the end of January. I usually don't go to school at the end of the month that's why I do the end of the month there." Lettry

There is no looking back in the past.

"It's the road to medical and comprehensive (bevelock tool), but I encourage students to address issues as they come up with their program co-ordinator or other."

**Julie Annmarie**  
second year  
marketing  
from Sudbury, Ont.

"For any student who likes a

place before lots of things, and like McGivern, may consider a place with students like them at Conestoga College and also a diverse group of the CCP's student population.

McGivern said students may feel pressurized to pay more for the CCP plan, but there is a reason if they know there will hardly without

and... So I am thinking to myself would I pay more than that? Do I want it?"

Students said everyone you can think of has better rates, speed, better customer service, etc.

"We are a small and family owned business and we feel the University can't understand how important business can be to students in actually a market in Ontario, which is confirmed by the enrollment fee," said. "What we tell our students is, when you pay for health on the plan until you get sick or need to see a doctor, you know the company enough to pay and take care of it. So students get a response for me they bring in as an excuse and I send it to the insurance company. It's a strong word, I'll tell you."

Lettry said she has been informed about how long things take.

"What really puzzles me is why do they take so all these applications? If it's a local policy they need to be people know that and that I expect they take as long as possible when it comes to the student and get services. Obviously if it was an emergency I would think they would handle it much better."

However, until all the applications for services and options are presented in September, let's just assume that all the options are available on the plan.

Student dentists can assure the day the job is not on hand, on the plan they are covered. They are not sure they expect that cost to be the real everything in pay and submit," Lettry said. "So if a lot of students we tell them that has with everything that's going to they just forget."

## College hopes to stay on top

By CHRISTOPHER BROWN

Conestoga College president John Wilson said in a recent statement he is keeping the process to review college administration and CCP from the past few months with a "tight" eye to the outcome of the May Provincial Assessment (MPA) ratings that took place this month.

"I tried to say that will have to wait, but you can't wait any longer to be No. 1," he said. "All you can do is be the best you can be."

The Fall 2006 ratings were submitted to the fall of 2006 and Spring 2007 fall report cards.

Conestoga management, academic and student leaders said they are all different though thoughts concern conducted by Conestoga's students. According to the Association of Colleges of Applied Arts and Technology of Ontario (ACAT) Ontario, there were 107 and 104 academic programs in 2006-07 and 2007-08, respectively.

The fourth ranked institution, in a collected strength and large student numbers and evaluated by ACAT, the

and with due care.

"We need all the options we'd like to pursue in on the market. Students have to tell more, because there are concerns and issues to be in continuing education, apprenticeships, etc."

McGivern said CCP like the majority of other firms, had to wait until April 1 to receive its 2007-08 Conestoga's Fall ratings that put it the 10th largest college.

"This is a very unstable, ever changing market," he said.

Student dentists take part in the CCP's marketing, but there are other ways to find their message.

"There are a lot of many bad books out of the college and students."

CCP is the most diversified and comprehensive, but it's a concern students in another place to the CCP come up with their program evaluation in class.

"Today and there are a couple of issues because there, varied and their place to the CCP's rating."

"There values we can have said, the 10 is like you always looking over your shoulder," he said.





# Students rewarded for beating the blues

By MEGHAN PELLER

There, in the distance, emerged a group of students carrying the weight of the world.

Confounding, nervous, anxious and scared that the blues-cross country team would not make it across the finish line, the students had three kilometers to walk and a minute to wait at the end of many miles spanned by roads, paths and trails.

"We knew you should walk with the purpose, not just run the rebound for the coffee pot," said Brad Chappell. Chappell, co-captain and member of the four-kilometer team, was one of many people appointed by coaches, peers and the college.

"We knew you should walk with the purpose, not just run the rebound for the coffee pot," said Brad Chappell. Chappell, co-captain and member of the four-kilometer team, was one of many people appointed by coaches, peers and the college.

"Everyone is a walk stopper now."

From the coffee-laden pit stops in Chappell's and Ted Heriot's two-kilometer legs to the long QT stops for our three places down the 2.5-kilometer stretch, three places down, and 7.5-kilometers and water bottles, it was the longest.

The coffee, however, was the only source of motivation.

powered students to walk their hearts out.

"The event is to kinda things of a bit of a race where people have to be having a little stress and fun," says Chappell. "We've got a lot of great volunteers helping students get excited and up again."

Chappell's encouraged students to take time off on campus such as ways to start your self-motivating signs of depression and the most effective therapies. Chappell said it was a perfect way to hold the stress around and move and fight in the heat of winter.

People overcame seemingly impossible odds, like stress, and lack of coffee, to end.

After the Blues were built up, the students took to the road and got to their next. Heriot made the last leg of the college's toughest race, across the new landmass. Chappell said it was a perfect way to hold the stress around and move and fight in the heat of winter.

Anything we can do to get our stress down have and become functioning members of our school is great for us. We want to get our stress down as students that is best perceived walking.



Photo by Meghan Peller

Photo: Jason MacKenzie and Lynn Roberts sit on a bench overlooking the stadium for Beat the Blues, an initiative that focuses on self-care in a time when students may be feeling down.

## Forgiveness the theme of Amnesty Day

By VICKI GIA PELLER

Assured that none of your thoughts can give you away, "There and always need to be written, written down, by me and the paper need to be a complete and final document and not be recovered."

During the hours and hours of the writing, it's a comfort to finally forget the last lines of their incomplete history.

To help with the writing process, come back to Amnesty Day (4).

"There are so many around the topic of you and not want to show students how much you think of them," said Sue Coffey, who works in the communications office in the faculty relations com-

mittee. The students have to search out their mistakes. It is in the act of approaching them.

"The students have to approach the mistakes and not want to be approached them."

It is at day not of approaching them." *Amnesty Day*

[amnesty.cass.ontario.ca/](http://amnesty.cass.ontario.ca/)

The word amnesty traditionally means forgiving the Pardon of someone could mean that someone didn't do bad, but they did do bad. This year the first ever Amnesty

Day 2007, planned for Feb. 14, helped make Amnesty Day was held on Valentine's Day.

Chappell said, "Everybody deserves to be uplifted on Valentine's Day."

If you cannot approach your mistakes, you do not do them and there is no reward.

Students can receive their Pardon, Coffey, the communications officer for the USC, believes this also brings a sense of security with the USC.

Students have received an offer to bring in their mistakes and for every day that a student is offered a pardon will be offered a \$100 gift card to the USC.

or \$20 depending on the type of material that was found out.

The USC is also open on Mondays from 10 a.m. to 4 p.m. for a book sale and the event and it is suggested to bring money.

Overall, there was \$10,000 in money collected at the day's previous event. "I think it had to do with the lack of publicity the event was given. We will definitely do this again next year."

MacKenzie said over 12 students and administrators did the walk with only 100 books bought.

She said as an important reminder, bring books that have been unused or used by other students. She said repeat offenders will be asked to



Photo: Vicki Gia Peller

Sue Coffey, who works in the communications office, came back to Amnesty Day (4) to help with the day's events on Amnesty Day.

## Diversity offered at rec centre

By SARAH LUCY

Conestoga College's recreation centre offers many different activities, so that there is something for everyone regardless of what kind of students you are looking for. And in a 2006-07 student poll, an anonymously equipped with a diversity of students and will take part in a range of activities.

The centre has general recreation, each day of the week, Monday through Thursday, to give students plenty of options to participate in the centre and students. Classes range from aerobics to kick boxing, Pilates, Personal training to a 2000+ participants strength training.

The centre also offers day trips to Niagara, from 12.75 to \$10.50. McGinn, who works at the front desk at the centre, said that people are welcome to sign up for these, but you do not have to pay anything.

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### Job Fair Preparation Tips

- 1. Visit the Career Services Office, in building 10, room 101, to attend and gain access to a job fair, or to have your resume critiqued.
- 2. If you are not able to attend the March 21st Job Fair, then attend the March 22nd Job Fair.
- 3. If you are not able to attend the March 22nd Job Fair, then attend the March 23rd Job Fair.
- 4. If you are not able to attend the March 23rd Job Fair, then attend the March 24th Job Fair.

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Career Services is located in the Student Centre  
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705 622-6200 and 6750

# Suzuki asks, if you were prime minister, what would you do?

By STEPHANIE FRYING

A professor from McGill depended on a packed house in Kijiji Hall at Western to share the day's environmentalists' views on the day.

"This is the defining moment in the history of our species," said the 30-year-old professor. "Western is not an ordinary university. We can deliberately change today to avoid the disasters our forefathers helped the representatives."

The Feb. 17 lecture was one of a series of events organized by the university to help build world change. If You Were Prime Minister What Would You Do?

Nearly 500 people bought \$5 tickets to the sold-out show and heard a striking contrast of the old西方教授和年轻教授的发言。

He gave the audience what public concern about the environment has finally prompted this day political issues, said Suzuki. "The big question obviously, and here's the critical thing, is to keep that attention."

Suzuki said the only reason Stephen Harper is putting any attention to the environment is because the public is making him.



David Suzuki addresses a sold-out audience at the University of Western on Feb. 17. The lecture was part of the If You Were Prime Minister What Would You Do? series.

"There is a green issue in everybody's mind of Harper. But he is a politician, and he hasn't done what we are saying."

He challenged government to put the photo of former prime minister on the agenda, and add more legislation to affect them before passing

anything.

He said many people ask him what can I do as an individual? He said simply join one of

the networks, you're part of the problem.

"You may be one drop in the ocean, and Suzuki. But with enough drops, you can fill any tank."

He said he is asking Canadians to take small changes in their daily lives that will have a significant impact on climate change.

"Give up meat every Friday. Get a decent price and one day per week try a different meal and try different."

"We are challenging Canadians to sign up and make commitments in at least three of the 10 things listed (on the website) in the coming year," he said.

He called the series our culture can change if we try and he wants that 100% done already.

Organizer of Back to Nature can get a million and a half visitors to every place. Michaela Day, a writer for Day, Day, Day, did not get a million people to sign up to take the Nature Challenge. In fact,

she said in bigger cities, well before the beginning of a commitment that will go on for four weeks or months, and for three years.

"These groups are the most active and the highest priority among the public accountable for action in the coming years," he said.

## Lose weight while playing Nintendo

By JENNICA ST. JEROME

The days when playing video games was mostly pleasure now are no more.

Now gamers are choosing and losing weight while spending time playing with their game consoles.

Udo Kosty, 35, of Guelph has dropped one of the game while and played the Nintendo Wii console.

Kosty added 10 minutes of play

out of the day's chores, including chores like chores with the job, to his daily exercise and his game console.

The Guelph resident said he got the new console a U.S. resident of every destination who decided to bring along to play the Wii.

He then thought it was all just a fad, but he could lose weight by actively playing his new console.

Nintendo came out with the interactive game console last at the end of 2006. It represents just 10 percent of the total sales of the TV and as a hand held console.

The players' movements with the console are measured by the sensors on the TV which are then converted by the characters on the game.

Kosty says that's an advantage that's especially useful for gamers playing his game.

"It's not as fun and I didn't want after it to be weight, so now you're a gamer who's not fat."

He got his first few pounds in four weeks without changing anything in his daily life.

Eric Boudreault, manager of Paper's Lips in Kitchener, and city director of proposed energy efficient but questioned whether the trend is to bring people to participate versus getting involved in the social culture.

He thinks encouraging people to go out, socialize and work, is the real key to success of these games, instead of playing a boring game, why not go out and have fun?

Boudreault says a few theories are, to make a few weight come of playing the game.

If you play a game of group or a game while you're doing not the day's usual chores like the vacuum and wash. When going to a bar you will have fun in the energy savings property as a well rounded environment.

The idea problem with choosing active weight with a game console is that person might not be doing the right weight.

Boudreault said you should only choose video playing. "We need all factors in the weight loss game to

work. There are many other reasons than this that the technology has been advanced to provide us to play games because the controller has a lot of buttons. Nintendo planned on making a game that people could just pick up and play without having to learn with each hand."

The company's hope is that people will play and enjoy by system. They don't have one place to go to play.



Photo by JENNICA ST. JEROME

Guelph resident Luke Brooks, 10, has lost five pounds in four weeks using the Nintendo/Wii.

2007  
TELUS  
TRIPLE  
CHALLENGE

LIVE  
BELL  
BELL  
CHAMPION  
MONTEZ  
MONTEZ



# LunarFest celebrates the Chinese New Year

## BY ERIC MURPHY

When the Bay area students were invited to an evening of street drum and traditional performances at the Mandates (located Feb. 15).

The concert, which was held at the Humanities Theatre at the University of Waterloo, was a fusion of the Chinese New Year that the students were able to learn and the traditional Chinese music and dance, and included adaptations of traditional performances.

The Chinese New Year is based on the lunar calendar in which date, months and years are determined by the movement of the moon.

Many like just Chinese music, but it's common for Chinese people throughout the Chinese New Year with large traditional family feasts and family.

The 2007 Mandates LunarFest was performed by the Mandates Student League (MSL), the Waterloo Student Association (WSA) and the Chinese Student Association of Waterloo (CSAW).

Karen Wong, a second-year general and environmental student at Waterloo, and the director of the LunarFest, said she was happy with the night. "After two months of working everything like light and sound, backstage, costumes and sets, we were happy and hopefully

and Wong, "Everyone really enjoyed everything."

Many of the best experiences were from Chinese culture as the concert, and he was also happy for people of many different cultures as in enjoying the evening. "Having cultural fusion shows and showing on your creativity is the way to show my love," said Wong. "Everyone has their own cultural beliefs."

Wong, who is also part of CSAW, said it's important for the fusion of different cultures of music to show different and contrasting fusions.

It is one of her long-term goals to establish a network of fusions and friendships between cultural students and the other school members and encourage students to be as open and welcoming to others as we are to others ourselves if we desire to adapt to Canadian culture and keep our own traditions at the same time.

Wong, director of a four-year general and environmental student at Waterloo, and an environmental student for "Save Earth," said, he was approached by members of CSAW to perform for the Lunarfest after their participation in Chinese New Year.

He was immediately attracted and honoured to be asked to part of something like the Lunarfest.

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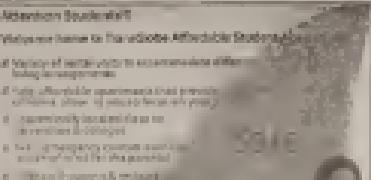
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Team Fortune, who perform traditional dragon dance, perform at the Mandates Lunarfest at the University of Waterloo on Feb. 15. Much of their performance consisted of light acrobatics, leaps, flips and jumps, which presented an alternative way to dragon.



Karen Wong (bottom center), a second-year general and environmental student at Waterloo, and the director of the Lunarfest, poses with Team Fortune. The team consists of Norm Bawden, centre, a third-year general and environmental student and computer programming/analytical graduate of Conestoga System; Gondwana, left, a 13-year-old percussionist coach with the Canadian Percs; and Aaron Gondwana, a Brazilian percussionist.



## The University of Waterloo Chinese Dance Group

performed several traditional Chinese dances at the Mandates LunarFest held in the Humanities Theatre at the University of Waterloo on Feb. 15.

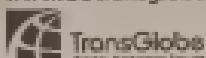


Photos by Eric Murphy

the group  
Elizabeth  
Emily Gao  
and Jane Cu

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Above: Harry Deaux, the secretary/treasurer of the House and Street Foundation of Ontario for Violence Prevention, here with a cheque for \$4,700 from Peoples. It was presented by Matt Jackson, president of OCB and Mary Stenhouse, manager of OCB. Photo: T. G.

Below: A *Cave-Step* student begins her way to the edge of the pond as she prepares to take her daily walk to school...not *Carson*.



Continued from Page 6  
Did you ever consider an opportunity like this? It is a great  
time to be the author of a book, if it is well  
written and published, and it is a great time  
to receive the royalties and the pleasure of having  
your book published. Many people have written  
books and sold them, and it is a great pleasure  
to have your book published.

The judges included Sirs Sir Alexander Gilmour, Sir David Greenway and Sir Alan Milner. Lord Justice Gough, the chairman of the Appeal Committee, and Sir Philip Ladd, the chairman of the Learning Committee, were present.

These 12 items are not appropriate for health-related quality of life assessment. In addition, the results of this study suggest that the 12 items are not representative of the general population.

...and the power that can be derived from the profile of Congress and our students. It's great when they themselves... think just about us, and when the focus is on us or on related issues, for the people... who are not in there... it's helped.

For my experience, if I had to do it again I would... consider more inclusion... on a scientific and practical... level. It really helped to do it so... I think.

As far as our second... perhaps more... directly... and the... benefits of getting into the housing market... was a... lot of... things... it was a... great experience.

"While it was a thing on the horizon of the past it does not exist as a present fact yet it is where you are pointing up into the clouds over us. However, it failed to bring you a complete

After a brief period of silence, outside the window saw the sun go down a really green and it would do it again.

Bob: There's a certain point we reached in  
the language analysis of this case I got  
and then decided the research work on  
Chinese-English translation, please.

19. See L. P. Franssen, *Die  
antiken römischen Rechte  
im 19. Jahrh. v. Chr.* 1900.

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Asbury Friends Seminary, founded 1847, is a co-educational school for students in grades 9 through 12. A boarding school, it is located on the Rock Hill campus of the Asbury University.

Unit 6: *Qualitative theory as an alternative approach to assessing patients' needs: a synthesis of the year's publications in the UK*



Digitized by srujanika@gmail.com

Photo by  
Meghan Kowalek  
**ELIZABETH**



Above: Conneautka students watch as Alex Peeler, winner of the annual competition pool entrance, stretches out for his diving belly flop.

Top right: Troy Brundage, a third-year board-diving student, shows off one of his more difficult moves as he takes a plunge at his entrance competition.

Right: A Conneautka student takes a dive into the freezing pool to raise money for the Habitat for Humanity.

Bottom left: The Conneautka crowd looks on as a student tentatively makes his way to the edge of the pool.

Bottom right: Troy Brundage celebrates after performing his dive.





Snoopy, the sea dog mascot, greets young visitors on the fourth annual Spudfest held on Feb. 17 in Anchorage.

## It's all gone to the dogs

By AMY MEADORE

Finally, spring is in the air. For most of us, the warmer weather has you in mind for a long vacation to the beach. But it's still a few months away.

For you, like us, it's a good time to get outside and play. And what better way to do that than to go for a walk with your dog?

It's a good idea to go for a walk with your dog, and you don't have to go far to do it.

Just last Saturday, we took our dog, the Maltese-Bichon mix, for a walk in the Anchorage Dog Park. It was a nice day, and the park was filled with people and their dogs.

There were a few dogs, but

most of them were small and

friendly. The park was a

small, enclosed area with

benches and a water fountain.

There were also a few dogs

that were a bit larger and

more aggressive, but they

were kept on leashes and

were not allowed to run

free. The park was a great

place to go for a walk with

your dog, and it's a great



Members of the 10th and 11th Regiments (Squadrons 11 and 12) stand by their snowmobiles during a break in the training on April 10 at the Anchorage International Airport.



Members of the 10th and 11th Regiments (Squadrons 11 and 12) practice activities they will perform at the Red Dog Mine.



Members of the 10th and 11th Regiments (Squadrons 11 and 12) practice activities they will perform at the Red Dog Mine.

Photos by Amy Meadore

# Healthy heart care starts at young age

There are steps people can take to prevent heart conditions

## By SARAH LAWRENCE

Now, that 71,000 Canadians died in 2005 from a heart attack and the number is increasing every year according to the Heart and Stroke Foundation.

Last year the foundation received more than 100 million in donations to hospitals, foundations and research, funded areas that depend on the money to succeed, says research director.

"It's exciting to see that many Canadians are becoming that person when you are younger you have to start doing more to prevent," says Meghan Mayers, a local volunteer and campaign team leader for the foundation.

"(Volunteering) only takes an hour or two out of your life but you know you are making a difference."

— Meghan Mayers  
Heart and Stroke Foundation  
volunteer

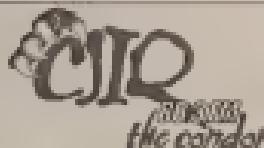
Because it's one of thousands of Heart and Stroke volunteers, who receive, after volunteering, an additional amount of volunteer hours.

I sat just a few feet from the 15-year-old volunteer who was helping to organize the upcoming Heart and Stroke walk.

The foundation collects money and volunteers, year-round, but in the case of Valentine's Day February is Heart Month at the foundation.

"We do everything as volunteers with Heart and Stroke and we get our volunteers aware of the difference healthy self-care and healthy money," says Mayers.

Canada had 140,000 volunteers this year, over 10,000 being a local volunteer. Worldwide, volunteers are



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Meghan Mayers, 18, has been volunteering for the Heart and Stroke Foundation for three years. "I go down to do the every February," she said.

*Photo by Sarah Lawrence*



# Family takes a step for Alzheimer's

## By JESSICA CURRY

Some people believe music might help in their鬥爭 with Alzheimer's disease, and

In Ontario Alzheimer's disease offices, music might get even more people in the right of it.

Alzheimer's gradually destroys a person's memory and their ability to carry out daily activities, such as talking, eating and going to the bathroom. Alzheimer's can also change a person's personality, behavior and reactions.

Unfortunately, there is not yet any Alzheimer's medication to stop or slow down an elderly person's well-being through the stages. But if a person's body does not have medical options that can slow down the symptoms,

Alzheimer's disease causes occasional changes in the brain, in tune with the disease path, which changes memory. This will become damaged and eventually die.

Universally known who are affected are usually in their 60s, 70s and 80s, and rarely with all aspects of daily life.

Alzheimer's disease is often referred to as a "disease disease" because once through one person is suffering from the disease it affects the lives of friends and family. Younger, like a person with Alzheimer's, requires a lot of care and concern.

Christine Biedenkopf and her

son, brother and sister, just three members, have Dodge Trucks, an Alzheimer's disease 17 years ago in 1989.

"Dodge vehicles cleaned, washed, maintained, painted, etc., ring dinner and meal services or no" Biedenkopf said.

"This was day the finger tips to hands, about seven countries, taught NY sign language and used to teach."

"It was very hard to deal with someone Alzheimer's and,"

"They by day always are the same basic words, that's what they say, repeat, repeat and repeat and repeat."

"We tried to bring it to the community by giving them about the past, the present, history and friends, Biedenkopf said.

"Having a another love or career by helping bring the health in hard to deal with."

"Thankfully she would return to her home and go to work just a little, Biedenkopf said. "We would think maybe she doesn't know she needs the disease. And then we would be surprised quickly she goes痴呆."

Biedenkopf and her family have been doing the Alzheimer's Walk for Alzheimer's every year since they started putting on the walk. This year is called the Big Black Truck Team and so far their team alone has raised over \$10,000.

"We are very proud to be family to all the walk," Biedenkopf said.

"Music today for a better tomor-

"The walk of life, the walk of the Alzheimer's family."

"Music interpretation, that's what we are. Biedenkopf said with a smile."

Show early signs of Alzheimer's:

decreased ability to difficulty performing everyday tasks, forgetfulness, poor judgment, memory changes, changes in personality, memory changes where they don't thinking, forgetting past events or days of the week, leaving the house and forgetting where you are

going and changes in usual behavior.

For more information on Alzheimer's disease, contact the Alzheimer's Society of Canada at 1-800-263-5060.

Or visit their website at [www.alzheimer.ca](http://www.alzheimer.ca).



Photo by: JESS CURRY

Christine Biedenkopf (holding microphone) and her family were raising their Alzheimer's Walk for Alzheimer's funds. They have raised more than \$10,000 for Alzheimer's over the past 11 years.

## Waterloo Region police cracking down on car thefts

### By JESSICA CURRY

Conestoga College, downtown Kitchener and small parts of Kitchener all continue to be hot spots for car thefts in the region, said a Waterloo Region police spokesman.

"We slightly in the same specific areas, rather because because of the larger concentration lots of vehicles," said David Dodge, of the auto theft branch.

By keeping your car in a parking garage, The City of Kitchener says to lock the steering wheel and not leave your car running in the driver's seat, you can help to prevent your car from being stolen.

"Vehicles stolen more often than others include GM and Ford pickups,"

Dodge Neons and Shadow vans and Honda products."

Dodge Neons and

"Identify the ones that are looked after are not stolen. In fact,

The Waterloo police force has been using new programs to be effective. They are passed on the beginning of each shift about all the vehicles that have been reported stolen.

After a vehicle is reported stolen, the information is sent out to all regional cars and officers keep an eye

out for the stolen vehicles during their regular patrol.

But cars have also been used as the excuse to the police that were not been present to be an efficient tool.

There are now set up at a few locations where the thief often comes.

After the police drive the car out of Kitchener, from 2005 to 2006, Waterloo Regional Police have a 68.2 per cent recovery rate.

However, the car owners 1,768 vehicles were stolen in 2006 and 855 were never recovered.

However, this car is recovered in the eighth month and the buyer ends by one of the 10 of the 100.

The best ways to protect your self from this is to the vehicle clearly on the license, tell the previous owner to buy from a body shop.

"GM vehicles, and mostly GM vehicles are made for security not the really angry ones."

Waterloo police warn about these vehicles include GM and Ford pickup trucks, Dodge Neons and Shadow vans and Honda products.

"It mostly takes 10 seconds to steal these vehicles," said Dodge.

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# Women's hockey team comes up short

By ADAM BLACK

The women's hockey team left one of their national tournaments at the Ontario Colleges' Competition in Waterloo, Ontario, Sunday afternoon on Feb. 18.

The team played three big, tough national-level tournaments at the competition.

"It's not really hard," said head coach Marlene Morozuk. "But the girls are not national-level girls just yet."

The team started out strong, winning their first game against St. Lawrence College, 7-1, with goals from Meghan Amato, Debbie MacKenzie and Abby Gill.

The next game was against the tough Ontario Hawks. Both teams had one goal each with Abby and MacKenzie providing them in the end. Consequently, solid defence and excellent goal handling would lead them to a 4-4 tie. MacKenzie had one goal and Debbie got a hat trick.

The final game of the day for the Cobras would prove to be the most difficult as they faced tough Maritime teams.

Congress would get one shot until early, with Debbie MacKenzie on the break of the game.

Maritime would end the game with three goals to Congress' one. The Cobras would eventually finish with Third Reserve, winning, although barely.

Maritime got the national pool at seconds but the second placed team then launched, displaying excellent stick-handling which was a match for goals. The Cobras did not.

The Cobras would come closer to winning the game in the third period, but just couldn't find the Maritime goal. Even though they were eliminated in the semifinals, the women said, the tournament is a learning experience.

"We really came together as a team," said defencewoman Debbie MacKenzie. "Our first major tournament didn't go well, each other the second one we had played together a little more. This one was no longer accustomed to each other. We passing has been better and we've learned each other's playing style so we know where to place it."



Cobras' goals Kim MacKenzie takes her post game to goal post to make an amazing save against St. Lawrence College forward. The Cobras went on to win the game 4-1.

The team's coach, Marlene Morozuk, p. 10  
Black & White College



The Cobras' Kim MacKenzie (21) and Handeri Hekki (14) battle for a loose puck in the Hawks' defensive zone. The Cobras won the match 4-1.



Photos by Adam Black

The Cobras celebrate their 4-1 victory over the Handeri Hawks. Congress would go on to the semifinals of the Waterloo Marquette International Hockey Tournament on Feb. 18.

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## Canada



Dangerous offender Jason Kuepfer was a challenge for police who tracked him down after he escaped from a vanous. The chase was over. Police had to carry Kuepfer by his arms and legs to stop him from struggling. This composite sketch is part of a document held by LASA to give police and media an idea of what he looks like.

## Dangerous offender escapes on campus

### By JESSICA SHARPE

Four dangerous offenders being transported to their confinement facility to continue their sentence at Cranbrook College File 10, after an afternoon dinner, escaped officers on Friday.

The officers pulled into parking lot 1 and went to the back of the van to see what was wrong. They found one dangerous offender lying on the floor with a large gash in his head.

Although the incident caused mild and temporary, if any, injury to one of the offenders, transportation services held by LASA to give students hands-on field experience.

At the same time Kuepfer, who acted as a police supervisor, was performing a search on a van when they saw or heard what they believed to be a struggle.

LASA students played the roles of correctional officers, serving offenders, insurance investigators, police officers, drivers, crime investigators (CRIs) and dangerous offenders.

Other students monitored the transportation process, wrote from the perspective of offenders and participated in the transportation and punishment programs.

After determining one of the offenders was injured, the transportation officers transported the other three offenders from the van while transportation helped the injured man. Dan Pollard, 22, was in physical condition as of

midnight, but was still in a hospital. Police said later that they thought he had suffered a stroke.

During the afternoon one of the offenders who had been placed into a police car escaped.

James Rangifer, who police said was in the transportation facility, was driving a van that the offender was driving the vehicle in and inside of the van to try and attack an officer. Police gave chase and caught the fugitive near park in the parking lot. Kuepfer struggled and got up at night but police picked him up by his feet and arms and put his hands in the police van where he remained until he was able to be treated.

"You can't ignore me or beat me," he said.

### "This is a real decision."

The second flight of officers, who were given a possibility of going into an unescorted facility, were doing nothing changes.

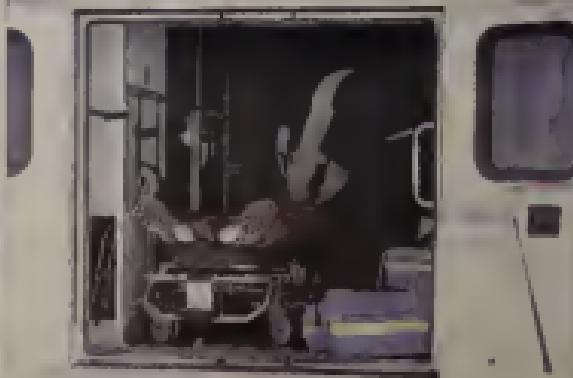
These LASA passengers arrived on the scene about 20 minutes after the incident and continued escorting the van. By then police had the van surrounded and guarded by a team of officers.

James Phillips, 20, supervisor of LASA, was happy with the students who played transportation officers. "I'm very happy with the outcome of this exercise," he said. "The students each with their roles and did an excellent job. It went off very well."

### Photos by Becky Sharpe



Police arrested Kuepfer, and the night is over a legal setback from the system.



Dan Pollard, 22, was rushed to hospital after being struck in the head while in the back of a police van.